## **WOMAN'S HERALD MEAT SCARCITY**

Deveted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor. DAILY DEPARTMENT OF THE WASHINGTON HERALD

AFCorrespondence is invited. Address ill communications to the Woman's Editor of The Washington Herald.

PRIDAY, APRIL 9, 1215.

### Have You Caught the Fever?

have caught it-this new fever that comes in epidemics usually in the autumn and the spring. Any womanunless she be as sensible as a Minerva-is liable to its attacks, but it usually hits the woman who has money to spend, the woman who travels about a little and who has a liking for dress. Where do you catch this fever? Oh days.

Lamb quotations were two and three usually from some smartly dressed woman from out-of-town, an afternoon tea, at the dinner-dance, at the races, if you go. One of these women a particular dash. Her hat is on at a bewitching angle. Her boots somehow look trimmer, neater than your own, and, being a true daughter of Eve, you envy her. Then someone says "How smart that Mrs Dashly dresses. She has just come from New York."

New York! Charmed word! You have caught the fever. You long to have your neck fixings look just as due markets. No new varieties were smart. You wish that your millinery received during the week, but most of smart. You wish that your millinery gave you the air of distinction that the other woman's does or you are winter weather. In fact, so abundant fairly green with envy at the way her boots fitted. You, too, must have New old stuffs carried through the winter.

yourself you have some friend who is going and you pour into her hands those earnings with the direction to spend them all for finery. Maybe no be friend is going. Then you read the day and temorrow, are as follows: New York advertisements in that favorite woman's magazine of yours and you have an added attack and send a money order to the Fifth avenue shop Best creamery, that has tempted you with their very

clever advertisements. of course there are disappointments. Turker, lb. The neckwear from New York—would Ducks, lb. you believe it?-was just exactly like the bargain-counter products you saw you just have to admit it. It doesn't look at all dashing on your head. It was probably the way that smart New Squash, ib. .. (Celery, bunch York women wore her hair that made the effect. The boots that you ordered were smart, to be sure, but they cost 59-quite too much for you to afford.

So your New York fever has run its rse, and you are probably immune Tengarines, doc. from future attacks. But if you had been sensible you would never have fallen a victim.

When you come to think of it, the Washington shops buy from the very same wholesale dealers as the New Sausage, ib. ... Smoked shoulder, York shops. Many of our establish-their agents can keep in constant touch Chuch ross, ib. 125a0 with changing New York styles. The very day that the New York retailer has an opportunity to buy the novelties so has the agent of the Washington store. Perhaps the Washington agent orders a slight difference in the finish or the trimming, just to give his goods a look of distinction, but in the cut and style and finish it is all the same The only difference is that when these things are unpacked in the Washington stores and placed on the counters or in the cases the tags that go with them are marked quite often at a lower figare than are the tags that will be placed on the identical goods seen in the New York stores.

That is about the only difference, and it wages and overhead expenses are higher in the little congested island of Manhattan than they are in our own fair city. When you stop to think of this, you are in a good way to escape this New

### Pie Companies Merge.

York fever.

One of the largest pie companies in the United States was formed in Washthe United States the United States of the Company, Wisconsin avenue and O street northwest, and the Copperthite Fie Company, 288 M street northwest, mergons of the Connecticut
The name of the Connecticut
Treasure:

bers of the club: The Misses Lavene bers of the club: The Misses Lavene bers of the club: The Misses Lavene bers of the Connecticut
Mitchell, of Oklahoma; Lucy and Frances Johnson, of Mississippi; Myrtle Abel and Elizabeth Bulkley, of Illinois; Mary of Ohio: Bertha Holmes, of Oklahoma; Challes and Elizabeth Bulkley, of Oklahoma; Challes and Challes a

Shipments from West and North Fewer-Spring Vegetables Reasonable.

SUPPLY IS ABUNDANT

A good many women in Washington Strawberries Sell for as Low as 25 Cents-Watercress New Product on Markets.

> Higher prices for meats and advanced quotations in a few vegetables were announced in the markets this week. Fruits, eggs, poultry, and butter held firm in price during the last seven

cents higher yesterday than a week ago. Lamb chops sold for 35 and 40 cents a yound, stewing lamb for 18 and 30 cents. Fort Myer drills, or perhaps at the legs of lamb. 25 and 30, and lamb shoulders for 22 and 25 cents. Beef prices were unsteady, the wholesale figure being higher by \$1 and \$1.10 a hundred unds, Steaks advanced from 17 and 3 cents to 18 and 32 cents.

Scaricty of Western products and light

receipts from Northern markets are giv-en as the cause of the advance of meat prices. The season also had its effects on the markets. Grain supplies are de creasing, with no replenishment in sigh for several weeks.

Vegetables at Low Prices.

Spring vegetables are the thing in pro the products were from new gardens cul-

ork clothes.

Well, first you plan to make a little a bunch, the old product at 40 cents a trip up to the metropolis. You coax peck. Spring onlons are quoted at three bunches for 5 cents, and Spanish onlong your husband, or your employer or at 50 cents, and spanish officer at 50 cents a dozen. There is still a wide your mother, or whoever it is who difference in the prices of old and new has a word or so to say about your potatoes, the former retailing at 35 has a word or so to say about your cents a peck and the latter at 75 cents.

goings and comings, to co-operate

Brussels sprouts have disappeared from with you in making that New York the markets. Water cress is a new prodtrip possible. You take your earnings—they have been hard to save—and off you go.

Or if you can't get to New York yeurself you have some friend who is

exception of salmon, receipts Quotations given yesterday, which will

a good indication of the markets to-

BUTTER. POULTRY.

MEATS.

Shrimp, qt. ..... Herring, each....

### TENNIS CLUB ORGANIZED.

Twelve handsome and athletic-look-ing young ladies held a meeting last evening and organized a tennis club

The young ladies are employed in the personal income tax division of the Treasury Department and came from all is a natural one, because the rents and over the United States. They have obtained two of the Municipal courts, lo-cated at Potomac Park, for the summer. Several of the young ladies have gained considerable reputation as tennis experts. Miss Holmes won the ladies championship in her home town. Miss Barnes showed considerable skill in tournaments held at St. Joe. Mo., while the other

Miss Mitchell has been elected president, and Miss Abel, secretary and treasurer. The following are the mem-bers of the club: The Misses Lavelle Lepper, of Ohio: Bertha Holmes, of Ok-Meatless sausages, composed chiefly of Fice, and wrapped in oiled paper, are tucky; Margaret Chapman, of New Mexmade in Java.

### THE WHITE SULPHUR GIRL



White Sulphur Springs. Va., April 5.—Fashionables at White Sulphur deep box-plait down the center, introduced to accommodate golf balls. Mrs. fad, and morning or early afternoon one may encounter groups bent on getting the full health benefit from their stay here.

Mrs. William C. Dinsmore, of New York, was seen on her way to the golf links the other morning. She was attired in a suit of black and white check worsted made with a gore skirt.

The jacket was of the Norfolk persuasion, with a deep yoke front and back and large pockets on either hip.

## THE OPEN LETTER BOX

The recipe is as follows: One cup of th. Hard flour, one teaspoonful of sods, two cupsh. b. 3232
guarter cupfuls of milk and one-quarguing in soutton (stewing) lb. quarter cupfuls of milk and one-quarter of a cupful of molasses. Sift and mix the floor, soda and salt, add the bran and mix well. Add the molasses and the milk. Beat thoroughly, put in muffin the section.

Yellow perch, ib....1214 to the reader who makes the inquiry.

For Civil Service Candidate.

greatly appreciate your sending me a list of the names and titles of all members of the United States Supreme Court and Presidential Cabinet. C. F. K.

The members of the Supreme Court of The Members of The Mem the United States are as follo By Twelve Young Ladies of the Ward Douglas White, Chief Justice of the United States; Joseph McKenna, Associate Justice: Oliver Wendell Holmes, Associate Justice: William R. Day, Associate Justice; Charles Evans Hughes, Associate Justice; Willis Van Devanter, known as "The Ready Racquet Associate Justice: Joseph Rucker Lamar Associate Justice: Mahlon Pitney. Asso ciate Justice, and James Clark McRey-

nolds, Associate Justice. The Presidential Cabinet is as follows: William Jennings Bryan, Secretary of State: William Gibbs McAdoo, Secretary of the Treasury: Lindley Miller Garri-son, Secretary of War; Thomas Watt Gregory, Attorney General; Albert Sidney Burleson, Postmaster General; Jo-sephus Daniels, Secretary of the Navy; Franklin Knight Lane, Secretary of the Interior: David Franklin Houston, Se members of the organization have had retary of Agriculture; William Cox Red-quite a lot of experience at the "net field, Secretary of Commerce, and Will-game." iam Douglas Wilson, Secretary of Labor.

By Basil King. Please advise me as to the author of "The Street Called Straight" and "The Inner Shrine."

Both of these books were written by

She Wants to Be a Moving Picture Actress.

Dear Miss Marshall: I am very anx

Dear Miss Marshall: I am very anxious to do something in order to become independent, but I want to do what I am fitted for and not be a "round peg in a square hole." Will eyou please advise me how to go about getting a start in the moving pictures? I feel that with a chance to show what I can do I could work up to success. I think we all know best just what we are cut out for, but go often lack the means to attain the end. Perhaps you know of some way in which I could bring myself to the notice of managers or those who are instrumental in securing such a chance. I realize the difficulties attending such work, but nothing is accomplished without it. If you could help me in some way I would appreciate it so much.

APRIL SUSANNA CUMMINS.

MARIA SUSANNA CUMMINS.

One of the founders of Radcliffe College, the woman's department of Harvard. Stella Scott Gilman, was born April 9, 1844. Her home was in Tuscalosa. Ala., which was in those days noted for its cultivation and refinement and the seat of the State university. Stella went North to receive her education and after leaving school taught there for several years. At the time of the civil war she returned to her home, but later resumed her educational work in New England.

Miss Gilman was one of the first to be interested in the Society for the

you could help me in some way I would appreciate it so much.

Very truly, yours.

The best way to obtain success as a moving picture actress is to begin from the bottom. The large moving picture studios need the services of numbers of "supers," who receive at the start very poor wages. Why don't you go to some moving picture studio and apply for this sort, of work? There are one or two studios in Washington, but the larger ones where you would be sure of receivance ones where you would be sure of receivance where you would be sure of receivance or call day after day in search of the opportunity to be called upod. I know of two prominent people in the moving picture world who began in this way. One is now known as Radeliffe College. She was the first to be clieg. She was the first woman on the governing board of that institution.

Miss Gilman was one of the first to be interested in the Bociety for the Collegiate Instruction of Women, which brought about the Harvard Annex. Which is now known as Radeliffe College. She was the first woman on the governing board of that institution.

Maria Susanna Cummina, who was born in Salem, Mass., was the author of "The Lamplighter," one of the most move popular than in this country. It finally the control of the complete the first to be interested in the Society for the Collegiate Instruction of Women, which brought about the Harvard Annex. Which is now known as Radeliffe College. She was the first woman on the governing board of that institution.

Maria Susanna Cummina, who was born in Salem, Mass., was the author of "The Lamplighter," one of the most moving pleture sold in London, where it was even more popular than in this country. It finds that next to some such books of the opportunity to be called upod. It know of two prominent people in the popular book of the force of the London.

utensils. I have heard that they are not satisfactory. I was told that one could not use them for vegetables or foods that contain acids. I am to be married in the near future and my in tended wants a set of aluminum uten-sils. Thanking you in advance, I remain, yours respectfully,

Aluminum cooking utensils have proved highly satisfactory to many housewives The only objection that I know to then is that they are expensive and tha Dear Miss Marshall: I am preparing for once burned out they cannot be repaired. civil service examination, and would For a careful cook who would not let treatly appreciate your sending me a the bottom of the tins burn dry, there

> The Lady Goes Up Last. Dear Miss Marshall: Will you please entlemen going up and coming down

stairs when they accomstairs when they accomThanking you in advance,
Very truly yours,
B. R. C. The gentleman precedes the lady in coing up stairs. In going down, the gentleman follows.

Dear Miss Marshall: Will you kindly advise me what particular school of dressmaking you recommend in New York and the tuition of the same? Very truly yours, H. B. A letter written to the secretary of the

New York Y. W. C. A. with a self-ad-dressed stamped envelope will bring you





deficiency of blood or a deficiency in the relative number of red blood corpuscles. The latter is the more generally under-

Anaemia is most common among girls who are trying to adjust themselves to life between childhood and womanhood. It is a trying time to a girl, and equally trying to those responsible for her. She trying to those responsible for her work to the storage with the storage in the nursely the storage in the liver; You should take very brisk exerting to those responsible for her. She is a daily, which work particularly with the storage intertines and the liver; It is a trying time to a girl, and equally trying to those responsible for her. She finds it difficult to give up the purely ideal to the practical real. She is apt to be indifferent to proper, regular nour-ishment, exercise and diet. While growing she is tired and inclined to stand badly, thus interfering with proper breathing and digestion. Things which in later years seem trifies are very, very real and she is inclined to worry and to sour herself beyond her strength. to spur herself beyond her strength. Further, she is not as tractable in folspur herself beyond her strength. Further, she is not as tractable in fol-lowing her parents' direction for routine face to create a good activity of sleep, nourishment, exercise and rest skin; omit tea and coffee. Above al as in earlier years. She forms strong keep the bowels regulated. as in earlier years. She forms strong likes and dislikes for certain toods and if this is not checked the body becomes lacking in the tissue building food elements. It will often be found that the anaemic patient has a dislike for foods rich in iron, such as beef, eggs. greens, etc., the food especially necessary for this condition.

this condition.

Fear and worry are among the most pernicious causes. They retard the cir-culation, restrict the activity of the lungs, and also restrict the elimination of the body's natural poisons, which should be continuously thrown off through the pores of the skin, the lungs.

kidneys and intestines.

The sufferer from this trouble needs every help in cheer and comfort, love and courage. Particularly does she need perfect confidence in her physical adand confidence in herself to over-Courageous optimism, constructive, thoughts, favor the building of red blood corpuscles, through their inluence upon the digestive processes.

The relief from anaemia must be the removal of the cause by:

A diet rich in iron, notably one con-taining a goodly proportion of proteid or nitrogenous elements, such as red meats, eggs and green vegetables con-taining iron, as spinach, chard, dandelions, the dark leaves of lettuce, green beans, in fact any green vegetable in by the dark green of the leaves or pods. The yolks of two eggs are better than a whole egg. as the iron is in the yolk. Fat, such as unsalted bytter, is desirable. The free drinking of water is imperative.

A tonic containing from which the system will assimilate is helpful. Physiclans of late are giving this fron through ypodermic injections.
Plenty of exercise in the fresh air.

Regular deep breathing exercise and he formation of correct breathing habits. Fresh air in the sleeping room.

definite work—by becoming interested in some cult which cultivates cheerful faith, trust and optimism. Answers to Correspondents.

all questions relating to her department After each meal, however, they wash as promptly as possible. As it will not the teeth with water, and rub them be practicable to print an answer to with a cloth or the finger, and give every inquiry, a stamped envelope them one thorough brushing with should accompany each letter. All letters should be addressed to Miss Susanna Cocroft, care of this paper.

Nerve and Brain Food. H. B. asks: "Is it true that fish is

There is a prevalent idea that fish, celery, etc., are brain foods. In so far as these are easily digested they build brain tissue, but no more than beef or any food containing a goodly proportion of protein easily digested, absorbed and assimilated. One with weak nerves should eat easily digested food, because similated. the nerves of the stomach are liable to be weak. A cushion of fat about the nerves makes them less liable to irrita-tion and if one is thin because of weak

DAILY PASHION HINT.



I nerves the fat-building foods may

Sallow Skin. W. B. says: "My skin is very sallow. Will you tell me what to use on it?" The correction of the sallow skin can-

with a good stiff brush after your

**HOUSE-**DAILY

#### HOW ABOUT YOUR TEETH?

the scrutiny that the teeth of the wounded soldiers of all nationalities in the American war hospitals are subjected to?

It is said that the attention paid to the teeth of the wounded by the American 'Ambulance Corps is in large part responsible for the quick recove of the wounded in their charge. their examination of the teeth of the wounded, doctors and nurses and dentists have found that the teeth of the Arabs are almost perfect, by far the best teeth that come under their notice. The teeth of the English are the worst, and those of the French too, are bad.

Now just the reason for this difference in tooth quality has not been explained. But it seems quite prob-able that some of it is caused by the diet of the peoples concerned. Certain it is, anyway, that the complicated food that most of us eat has a bad effect upon the teeth. Soft foods, overcooked and overseasoned, are not good for the teeth, as everybody knows. So one of the things that we should all do when we are looking out for the welfare of our teeth is to ook to our diet. Children should be taught to masti-

Relief from worry or fear.

A positive, cheerful determination to cate everything thoroughly, and they should be trained on hard food, food should be trained on hard food, food that needs mastication to make it palatable and digestible. Bread a couapplication to some line of work orbit of days old, twice-baked bread, thought in which one is vitally interested. It may be by taking up some definite work—by becoming interested in some cult which cultivates cheerful as for the sake of the digestion. Of course, cleanliness is of first im-

portance in preserving the teeth. persons with really fine teeth do not end, scratches and eventually weaken the enamel.

It is of the utmost importance, o course, to keep the teeth free from all bits of food that become lodged beiental floss is invaluable.

Especially at night the teeth should be carefully cleaned, for any bit of fermenting substance, like a tiny piece of meat left between the teeth, migh ause great damage before morning.

### HOROSCOPE.

"The stars incline, but do not compel."

Friday, April 9. #915. During the busiest hours today it i well to be exceedingly cautious, for Uranus rules with power for evil. After undown the planets are more benefic and all who desire favor or ald should delay requests for help until evening. The sinister rule of Uranus is read as presiging, at this time, danger of mis-understandings and complications with foreign powers. Mexico will continue offer serious problems, some of which will be exceedingly menacing as the advances

There is a sign indicating much illness during the late spring. Nervous diseases will increase greatly, it is said. Warning is given, also, against maladies that are contagious and of unusual char-

V :lespread discontent among workers s foretold for the summer months. Tax-tion will create unrest and trouble mong all classes in the United States. Poltical leaders will face peculiar cor ditions, the seers declare, before the au-tumn. A public idol in a Middle Western tumn. A public loof in a mindle western State will lose favor. This person is a woman.

Agriculture is likely to suffer in the next month. Weather that is not pro-

ltious for the crops is prognosticated. Venus and Uranus are in a place believed to indicate sweeping reforms in certain branches of our navy. Officers in the service will meet surprises and dissatisfaction is predicted. A comman-der will make a serious blunder some

Hotelkeepers have the augury of a good season wherever rest and recreation are A tendency toward extravagance wil

A tendency toward extravagance will mark the summer months. This reaction after financial depression may bring many difficulties. Both men and women are cautioned to be careful.

There is a sign exceedingly favorable for automobiles as well as all aerial craft. Fame for a new American inventor is pressured. tor is presaged.

The seers who predict extraordinary in

The seers who predict extraordinary in-terest in aeronauts and their achieve-ments foretell a possible danger from a htstile fleet of airships.

Fersons whose birthdate it is have good stars to guide them through the year.

Euriness will prosper.

Children born on this day have the augury of happiness and prosperity. They are likely to enjoy life and to at-tain their ambilions.



Fresh Lard, 12½c 10c 11c

Whole Milk Cheese, per pound......22c Fancy Sugar Cured Hams, per pound .......16c Post Toasties, especially desirable, per package ...... 9c Everybody's Combination: 1 No. 3 can Standard Tomatoes, 1 can Sauerkraut, per quart ...... 5c Scrub Brushes, regular 10-cent size, each..... 8c Our Fresh Roasted Coffees are exceptional values at the prices quoted. These Prices Prevail for Friday and Saturday

# LEAGUE OF CONSUMERS' FRIENDS

PATRONIZE THE STORE NEAREST YOU.

SOUTHWEST A. G. Schmidt, 4% and F 5ts. L Sugar, 3d and C Sts.

NORTHWEST.

A. H. Plitt, 4th and Q Sts. N. F. Turner 3426 14th St.

Columbia Ten and Coffee Co., 1565 N. Capitol St. FREE DELIVERY TO EVERY SECTION OF THE CITY. TI

TOMORROW'S MENU. "Have you sparagus yet?" this spring

BREAKFAST.

LUNCHEON OR SUPPER. Vegetable Soup Raised Bisoults

DINNER. lutton with Cape Boiled Potatoes

Currant Buns-Sift two cupfuls

Raked Apples
Cereal and Cream
Botled Eggs
Current Buns
Coffee

shallow tins. Have two layers. Cover the lower one with shredded fresh pineapple or canned pineapple cut in dice. Put on the second layer and cover with sweetened whipped cream.

Caper Sauce—Mix two tablespoonfuls of butter with one of flour and add to a cupful of the stock in which the mutton was boiled. Season with salt and pepper, bring to the boiling point, add two level tablespoonfuls of capers, and serve very hot.

add half a cupful of sour milk. Form into buns or bake in muffin pans. Pineapple Cake—Bake a white cake in shallow tins. Have two layers. Cover

Brinkley Bros. 1101 24 St.

G. E. Bohannor 535 4th St.

Brinkley Bros., 928 4th St.

Brinkley Bros., 169 M St.

R. E. Smith, 6th & D Sta.

H. C. Roberson, 9th & S. Car. av.

NORTHEAST. R. E. Roberson, 5th and A Sts.

J. Kraus & Son, 910 18th St.

Lother F. Hall, 13th and H Sta

J. E. Diggle,

SUFFRAGETTE SCORNS PEACE. London, April &-"Any attempt to arrange peace at this time would be wrong," declared Mrs. Emmeline Pankhurst, leader of the militant suffragettes today. Mrs. Pankhurst had just been ascked whether or not the Women's So-cial and Political Union, of which she is

of the president, was associated with the

The Finest Silverware Made **Oneida Community** SILVER SPOONS These are genuine Oneida Community Silver-the recognized standard of silverware. Fully guaranteed by the manufacturers. Watch for new States and make a collection of your favorites.

flour, half a teaspoonful each of cinnamore movement to hold a great international mon and soda, a quarter of a teaspoonpeace congress of women at The Hague ful of salt, all together. Add half a She declared that her organization was

CLIP THIS COUPON This Coupon with one other clipped from Wednesday's or tomorrow's Herald with 13 cents, is good for one Spoon (25 cents for two Spoons), when presented to the office of The Washington Herald.

Note-When ordering by mail, add 3 cents extra for each spoon.

SOROSIS SHOES REIGN SUPREME I We are showing the latest shade of Putty color Kid vamp-with cloth and also Suede backs-in the new one-button Pump. And also a button with the new Gaiter effect, with the new Putty shade kid vamp and full cloth back. These are the newest and smartest showings this Spring. \$6.00 and up

Sorosis Shoe Shop, 1213 F St.